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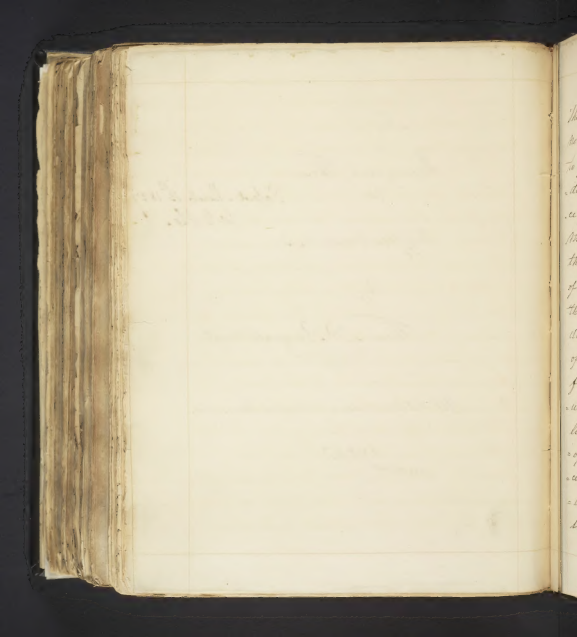
Hypochondriasis

By

Thomas P Bagwell Esq<sup>r</sup>

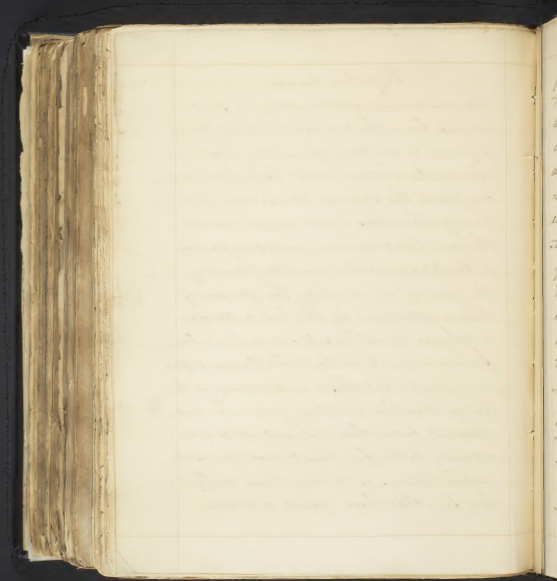
— Ut sit Mens Sana in Corpore Sano. Sive.

1826.



### Hypochondriasis.

This disease as will readily be supposed  
not less from the causes which are known  
to produce it, than from the succession  
- it is of its nature, must have been known  
- from the earliest times; and like  
many others has been handed down  
through the clamour and confusion  
of medical revolutions still retaining  
the garb of uncertainty. The opinions of  
doctors entertained by the first cultivators  
of physic must necessarily have been  
founded much on the broad basis of specu-  
- lation and hypothesis, and in viewing the  
list of diseases, and their gradual devel-  
- opement from their original state of un-  
- certainty, to the far more correct and estab-  
- lished notions of modern times, we find  
but few that have opened a wider



field for the production of nervous diseases than hypochondriasis. - This  
 name by general consent is given to a  
 disease principally characterized by an  
 anxious and apprehensive state of mind in  
 respect to the patient's health, and by an  
 imaginary suffering of many morbid affec-  
 tions, together with a derangement of some  
 of <sup>the</sup> Chyliferous Viscera, generally the Stomach.  
 The name given to this affection is generally  
 believed to have originated in the uneasy  
 sensations which hypochondriacs feel in  
 that region of the abdomen called by Anato-  
 mists the hypochondria; in support of the  
 opinion that this name was given to the dis-  
 ease as indicative of its seat: it was called  
 Liachia by the Arabians from Liach  
 the abdomen or belly, the opinion once pre-  
 valent that the spleen was the seat of the



disease, gave occasion to the use of the name of that Viscus to designate the disorder, and the opinion that this singular affection of the Mind originated in Vapours arising from a collection of feculent and offensive matter in the spleen and first passages gave origin to the term Vapours.

It would be impossible to give a regular detail of all the symptoms of a disease so varying and uncertain in its phenomena as hypochondriasis; on this subject we hope it will suffice to say, that after a series of symptoms evincing a deranged state of the bodily health generally, but particularly of the organs of digestion, a state of Mind succeeds marked by the following symptoms, languor, a want of resolution in all undertakings, a sadness and timidity, a constant dread of evil, one of the most unhappy consequences from the





very slightest grounds; the patient becomes him-  
self afflicted with every disorder, and is  
displeased with every person who would  
persuade him to the contrary; and finally  
if not arrested in its progress, a depressed ima-  
gination arises productive of the most sing-  
ular sensations and enormous ideas.

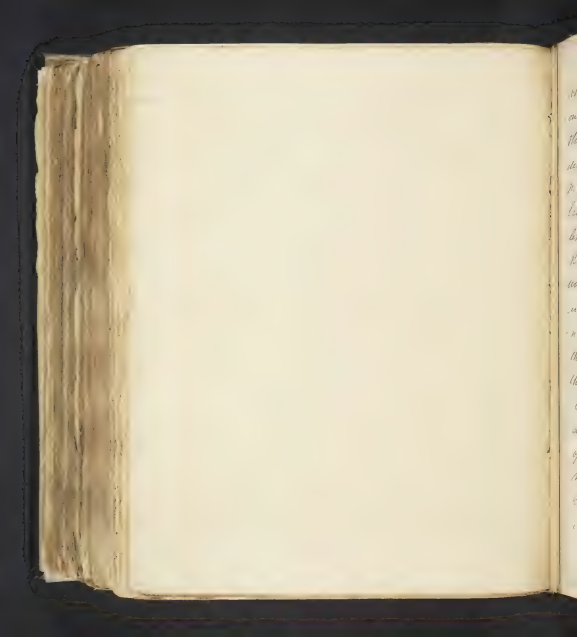
This disease occurs principally in adol-  
escent life and persons of a melancholic  
temperament are peculiarly liable to it;  
the habits and occupation have also great  
influence in the propagation of the disorder;  
those leading sedentary lives, the studious  
as well as the indolent and the idle are  
apt to be the subjects of its influence; one  
great peculiarity of this disease, is its  
rapid progress when once established, it  
at first appears to consist only in a wrong  
or mistaken idea which unless timely

*[Faint, illegible handwriting in a cursive script, likely from the 18th or 19th century. The text is arranged in approximately 20 horizontal lines across the page.]*

*[Faint, illegible handwriting visible on the right edge of the page, continuing from the adjacent page.]*

excited soon Multitudes, and ultimately  
 ends in a depraved ~~and~~ vitiated imagination  
 which lags with the most unprofitable  
 load the suffer with great distress and  
 misery; it is said that hypochondriacs  
 are worse in autumn and in winter than  
 in the other seasons of the year, in some  
 measure I suppose, the effect of our impres-  
 -sions makes on the mind by a view of the  
 surrounding objects, for the sudden change  
 of the beauties of Spring into the gloomy  
 and desolate show of winter is certainly  
 well calculated to give the mind such  
 solemn and melancholy thoughts.

After a continuance of this course of things  
 viz. the dejection of spirits, the great care of  
 their health, anxiety as to all their concerns  
 as well as to every sensation, for an indef-  
 -inite period, diseased perceptions arise in



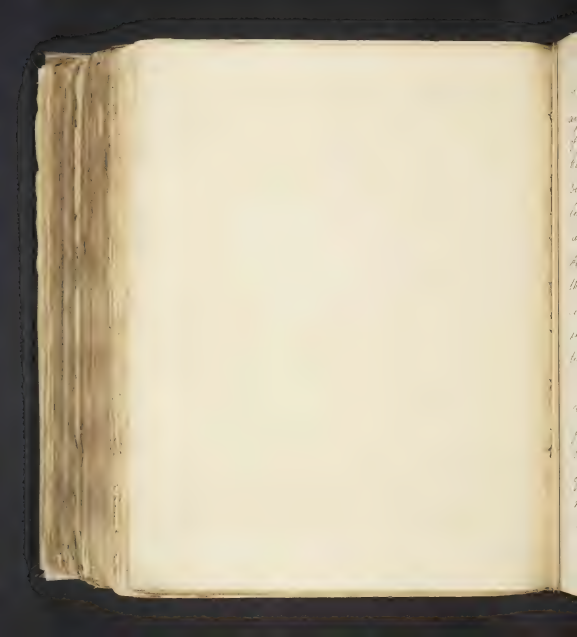
which they form the most unreasonable notions and to which they adhere with the strictest pertinacity; some like the painter described by Tully supposing themselves made of a fragile substance liable to be broken by the slightest touch, while others like the slaves of Marc'us Antonius give to hands not lest their legs bend under them; with them and many other notions equally chimerical strongly rivetted in their minds they cannot but suffer the greatest anxiety. In others the disease begins on Maternity and in these cases is sometimes met with Puerperal.

In Hypochondriacs as well as in many other diseases there is much discrepancy of opinion among writers as regards its real nature; but as regards the contents of their respective views of the pathology of the disease I shall say nothing, and only notice some



of the principal. It has been observed by all  
writers on the disease that it is invariably  
connected with more or less derangement of  
of some one of the Chyliferous Viscera,  
and it is this observation which has probably  
given rise to the different opinions which have  
existed relative to its nature.

Some suppose the disease the disease to dep-  
-end on a direct loss of Senescent power in-  
-duced by various remote causes, as the re-  
-currence of some important loss or dis-  
-appointment, close study, excessive Viny, &c.  
-many habits, long continued exertions  
&c. and that the affections of the abdomi-  
-nal Viscera which are concomitant and  
generally viewed in the relation of causes  
are but symptomatic; they believe that the  
disordering passions are for the most part  
the exciting causes, acting through the Medium





of the brain, and this they adduce as an argument in favour of the sympathetic nature of the disease; & rather of the Mental affections. Cullen, whose doctrines and opinions are viewed as the standards of modern times believes that this state of mind is invariably connected with an affection of the stomach. but at the same time he says that dyspepsia is equally known to be attended with a certain affection of the mind; he is far however from conforming the two diseases for he believes the gastric affection in hypochondriasis to be entirely different from dyspepsia; in order then for the author above quoted to distinguish the two diseases and arrive at a certainty of the existence of hypochondriasis he has particular reference to this age and temperance of the patient; he thinks, this



disease almost exclusively confined to those advanced in life and of a Melancholic temperament. While dyspepsia generally occurs in the Vigour of life and to those of a Sanguine temperament; these Mental Variations attending the dyspepsia of Sanguine temperament, he thinks are for the most part slight, and on the other hand in the disease as it occurs in the Melancholic the gastric symptoms are equally slight and more dependant on the temperament; he thinks also that the State of Mind is different in the two cases, and that when the genuine affection of the young and Sanguine resembles the disease he would call hypochondriasis, it must be attributed to a debilitated and changeable State of the Nervous power." In a word it is "the opinion of Dr. Cullen that hypochondriasis is perhaps always a primary and idiopathic disease.



Thus I believe that the source of the morbid  
 disease is confined to the abdomen, and that  
 the disagreeable feelings, dejection of spirits  
 disordered perceptions and strange ideas are  
 merely the offspring of impure humors  
 to the brain from an accumulation in the stom-  
 ach and bowels; and this position they support  
 by the well known fact that the disease ap-  
 pears a much more troublesome type when  
 the patients are troubled with indigestion flat-  
 ulency, Colic, and the like. It is said by Doct<sup>r</sup>  
 Whist that the faintings, tremor, palpitations  
 of the heart, and even the Headache which  
 attend the disease, may be more frequently  
 owing to the inferior state of the prima Via  
 than to any defect either in the brain or  
 heart. This evidently appears to be the most  
 plausible doctrine of the nature of this disease  
 yet it must be acknowledged that it is not



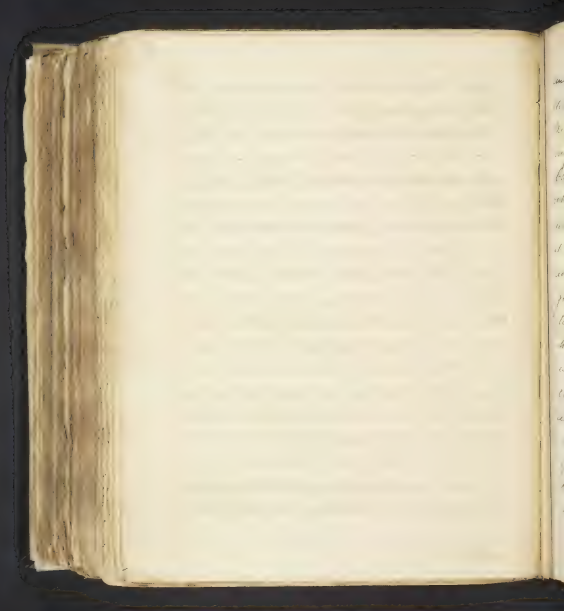
easy to trace the enormous perceptions of our  
hyperfunctioning to the original yet painful  
lesions in the body.

Among the supporters of their opinion concerning  
the pathology of hyperfunctioning viz. that it  
has its origin in some of the abdominal viscera  
May be mentioned the name of Dr. Keen the  
author of "An Inquiry into the origin and nature  
of Menstrual Derangement." This author in ac-  
counting for the progress of the disease from  
its first symptoms and most simple form, to  
its full development and most aggravated  
stage says "A firm belief in any in-  
flamatory action never takes place until it acquires  
a certain degree of force, and so all the  
emptions which arise from the disease of  
the abdomen are necessarily obscure un-  
less the reason why there must continue for  
a certain length of time or be often repeated





before they can draw a furious attention from  
 the ordinary impressions of external objects,  
 which are clear and distinct, and before they  
 acquire such a degree of stupidity as to destroy  
 the operations of reason. That this unhappy  
 state of mind denominated hypochondriasis  
 is occasioned by some disordered state of  
 the abdominal viscera, and most generally  
 of the stomach appears to be the popular doc-  
 -trine of the present day, and in fact a late  
 \*writer has gone so far as to say "that hypo-  
 -chondriasis is as truly a gastric disease as  
 any to which our system are liable," he also  
 goes farther and denies the existence of any  
 mental disease whatever as purely idiopathic  
 If then this affection of the mind has its seat  
 in the stomach or other of the abdominal  
 viscera we are necessarily led to enquire into  
 the nature of this diseased state of the viscera,



and as we frequently in the stomach much  
 disordered by indigestion and other derangements, the  
 mind at the same time being unemployed, it can  
 only be ascribed to one singular and general  
 cause. Notwithstanding the difference of opinion  
 which has existed as respects the nature of the  
 disease a claim almost all agree in ascribing  
 it to the same remote causes, among which  
 as the principal reasons mention close study  
 great anxiety, the attainment of some impor-  
 tant end or object unpropitiously, sedentary  
 habits, a constant recollection of some misfor-  
 tune, loss or disappointment, improper diet long  
 continued evacuations, to which has been  
 added intemperance and dissipated life.

It is evident that the mind is not only  
 & the body are. It would only be to the neglect of  
 the different parts that I have just mentioned  
 that different authors have ascribed it to



for biology, it is perhaps not worth while  
that a majority of physicians, in the case  
at hand, have commenced considering the  
subject. To the physician to whom the patient  
is all at once of some one of the abdominal  
viscera, but of the presentation of the affection  
we are completely ignorant.

I suspect, however, that the physician who is  
in the most trouble to continue it with either  
dysphagia, dysphagia or not, what we have  
been of certain dysphagia, and  
nearly common to reach. To the physician  
the dysphagia is from dysphagia, and  
more it is not necessary to the patient  
patient as it is, is that the former is  
concerned in the study of the anatomy  
life, whilst the latter is only a study  
of the anatomy, but only a study of the  
fear the fear of death and constant care



of each disease also be regarded as an important  
 diagnostic symptom. In the first instance the  
 two diseases, from which I do, therefore, temp-  
 erament of the patient, of which I have before  
 spoken. As many of the chronic hysterical  
 diseases and hysterical convulsions now  
 are the same as the hysterical, and as the  
 hysterical form is a modification of the  
 hysterical diseases from the more hysterical  
 and hysterical of the mind, but there are now  
 considered as hysterical diseases, and I believe  
 not as such by the same and hysterical  
 diseases. Fred. Hoffmann, the effect of the  
 hysterical in the hysterical diseases, but as the  
 most interesting line of instruction in hyp-  
 notism, and as how to be seen, and the  
 mind is made in the hysterical and hysterical  
 and hysterical of the hysterical and hysterical  
 and hysterical, and as the hysterical and hysterical





The grey color is not in the least  
evidence of Melancholia.

*Lupacharistura* is more in the middle  
than Melancholia in the first & coffee  
is not what is almost always its accom-  
pany. Wherever Melancholia it is but  
scarcely seen, when it does all the  
disease of Melancholia does enter the mind  
which is the common indication  
disease. It is seen that there is no reason  
necessarily dependent on the  
and hence there must be some difficulty  
in forming a correct diagnosis, particularly  
from the symptoms which arise from the  
depression of the mind, it is however an  
evidence that in the case it is manifest in  
the treatment in either case is the same.  
The <sup>no</sup> treatment is the same in both  
cases and the same in the treatment.







the entire function. The induction of  
Cancer, therefore, is an accident, and  
it is only the disease which is  
found to encounter itself, and is cap-  
able to regenerate, but it is not nature  
with a most obstinate attention of the  
mind, there are the two principles which  
to reflect on, and to find out nature in  
the case of the disease. We do not  
lose affection, a purely a physical  
disease, we have only to moderate the  
work in its healthy action, and the necessary  
precautions and follow orders of the patient  
with respect to the work, there is no doubt we  
think but that the attention of the patient  
must be given to the work, and can be given  
attention, but at the same time we should  
be careful in the case of the work to see  
to it that the patient is to the work, namely  
to preserve to the patient a variety of



and interesting circumstances connected by  
 a natural chain of association which  
 gradually reaching the disease and  
 Mental Concentration of ideas.

To me any disease is most mysteriously  
 first caused by the remote causes, which  
 & how connected in order to be seen over  
 or accident on this instance. How often  
 a trace of that one remote cause of the  
 most common of the remote causes is  
 a fact which is almost certain.

Many times I have the rather influence  
 of what we suppose the remote cause of  
 the disease, or as they are connected  
 at these symptoms which come out  
 of the Mental State of the Nervous and  
 immaterial causes, which are of the same  
 lying in the mind and affecting in sym-  
 ptohs in this arrangement. It is <sup>in</sup> many  
 of these symptoms that we meet with a deep

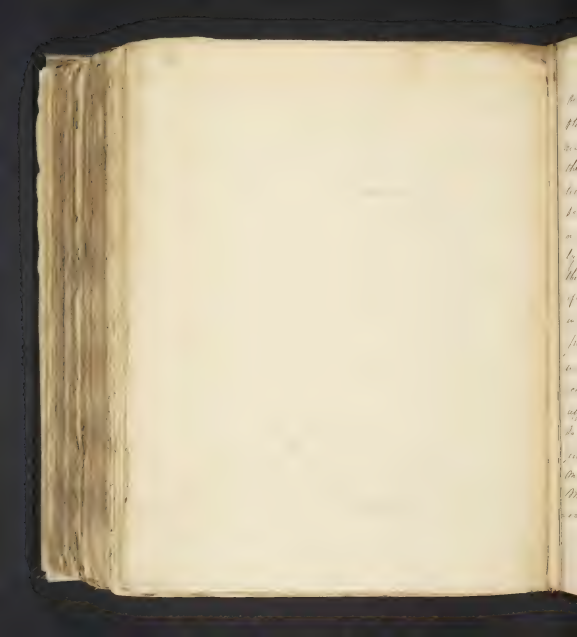




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[illegible]



coming to the subsequent connection between the  
 stomach and the portion of the alimentary canal.  
 Now there have certainly been no violent  
 the disease to a considerable extent, this can be  
 treated by <sup>the</sup> treatment which is to be recommended by  
 soliciting evacuations daily at stated hours  
 or by some gentle laxative, a perhaps better  
 by an enema. From the great sympathy between  
 the stomach and the hepatic functions are  
 often performed in the great hepatic duct  
 in the disease; when the state of the liver is  
 peculiar, it is necessary to take an important part  
 in the treatment, as much as the stomach is  
 calculated to remove the dyspeptic symptoms more  
 off so but a very slight alleviation of the symptoms  
 so long as the liver is out of order, to meet this  
 indication the most useful remedy consists in  
 maintaining a gentle operation upon the liver by  
 means of mild purgative preparations, instructions  
 as to the greater or less degree of laxity of the



[illegible]





of chalybeate Water, tepid bathing, and friction  
of the whole body with coarse flannel cloths  
are strongly recommended.

To conclude, we must sedulously avoid the  
withholding of new strong or morbid Stimuli  
from the Nervous System, whether they act on the  
external Senses or the Mind; but at the same  
time to insist on the enjoyment of the natural  
Stimuli; as to the circulation by exercise; to the  
respiration by pure air of a moderate tempera-  
ture; to the skin by comfortable clothing; to the  
sight by the varied Colours of Nature's living;  
to the hearing by the harmony of poetry and song;  
and to the brain or Mind by awakening pleas-  
urable recollections and holding out the  
bland allurement of hope. —

Finis.





